

# AN INSIGHT INTO ATOMIC DIMENSION OF PERSONALITY AND STRESS MANAGEMENT

**Dr. Purnima Bora**

Assistant Professor, School of Management Studies,  
BFIT, Uttarkhand Technical University, Dehradun, India

## ABSTRACT

*In the contemporary business and management world, the meaning and scope of organizations have a broader meaning. Every type of organizations have their own challenges and stress factors. Similarly stress management dimensions require new outlook in the organization and organization behavior. During stress the coordination between the mind and body get unaligned. This article focuses on an atomic outlook of personality and stress handling methods.*

**Key words:** Stress, Stress Management, Organization, Organization Behaviour, Personality, Atoms, Biochemistry

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## 1. INTRODUCTION

Bio chemistry is a study of enzymes, hormones and all the chemical reactions in the human body. It is based on the atomic structure. So diagnosing the roots of stress, employee behavior in stress, such as why people avoid stress, how they take and handle stress, has its seed in the personality of a person.

## 2. OBJECTIVES OF THE PAPER

To identify the atomic base of Personality

To enlist the methods for effective Stress management.

## 3. THE ATOMIC BASE OF PERSONALITY

Matter is composed of atoms. Atoms are the fundamental components of all the elements of the universe. In the Hindu mythology Lord Vishnu is worshipped as the protector of the universe. In Hindi language, Vishnu means, vishva ka anu, or the world atom, or preserver of the universe. The atomic force or cosmic energy vital for survival and development. In a country like India, matter is worshiped, as all matter is made of atoms. Even preparation of food, was considered to be made with pure thoughts and in pure environment. Thoughts are transferable and considered to be charged by the environment around. Personality and behavior of any person is based on the chemical reactions or atomic play in his or her body. On the basis of atomic reactions and status, the human personalities can be classified as:-

**Reactive:** Are ready to react to other person, situation, and events. This kind of behavior is inherited, or learnt or imbibed since childhood from the parents, siblings, companions, role models and society. People are generally reactive to the feelings of low self esteem, helplessness, criticism, fear, judgments, guilt and abandonment. Examples could be road ragers, aggressive, arguing abusive, bully, violent, impulsive people. They are hyper energetic.

**Inert:** Are unmoving, non-active, appear to be life less, Incapable of any strong efforts. This can be due to lack of goals, laziness, and motivation in one's life. They are hypo energetic.

Atoms are made up of three particles, protons, neutrons, and electrons. Protons are

Positive, Electrons are negative and neutrons are neutral. On the basis of atomic structure personalities can be:-

**Electronic:** are negative, lower level and reactive workers and managers. They can be Problem seekers,

**Protonic:** are positive, middle levels, tactical and effective managers. They are generally the Problem solvers

**Neutronic:** are balanced, like the nucleus they hold proton together with neutrons in the centre of the nucleus. They are the leaders and form the core of the atom. Example: spiritually inclined gurus, or corporate leaders

Atomic composition of a person is inherited through the parents atomic composition framing the genes, and chromosomes. The environment from childhood till old age plays an important role. Our thoughts, hormones, body chemicals are affected by the thoughts and hormonal impact of people around us. Our perceptions are affected by the environment around us. The alignment of goal and person's life habits are affected to a large extent by the ionic effects and atomic status in his or her body. The atomic composition affects our electro-magnetic field and aura as well. Atomic composition is the very fabric and foundation of every biological, physical, chemical, and psychological phenomenon.

#### 4. EFFECTIVE MEASURES FOR STRESS MANAGEMENT

Some effective measures can be taken for optimum atomic play in the mind and whole body. These measures can lead to change in perception and stress Management. People may or may not be aware of these facts. So organizations can send SMS and Emails, to the employees or can also generate their Health and Awareness Apps related to current challenges and their remedies. *The status of any organization system is a reflection of the atoms and the bio chemistry its employees hold. Empowering the employees can no doubt empower their atoms to be more positive, productive, resourceful, creative and solution centered.*

- Stress in mind changes the biochemistry of any person. Biochemistry is a study of body and its chemistry. Handling one's bio chemistry is a vital aspect of stress management. Most of the time employees are careless regarding their own health. At least annual checkup and blood test can be a key to know the biochemistry and fitness factor. As precaution is better than cure.
- Specially the youngsters and fresher's become careless about food habits. Soft drinks, short cut and artificial foods market are on rise, and have a high toll on employee health. What they earn today is bound to be spend in healing themselves tomorrow. Few Food items to boost Serotonin the stress balancing hormone are available at reasonable price. They are dark Chocolates, Dry fruits; Beta Omega fatty acids oriented edible products, Avocado, and sufficient intake of water.
- Green Environment- Eco friendly indoor and outdoor environment, green trees and plants can be planted as per space in hand. Apart from good performance, rewards and recognitions should be given to those employees who contribute to the Green Environment.
- Meditation and Workshops on business ethics and Stress Management can be conducted, department wise or as per category of employees. Each category or level of employees have their own ethical challenges, to handle such challenges workshops play an important role.

- Awareness for Corporate Governance demands attention. An organization that has a broader vision not only for itself but for the society as well, generates empathy and teaches the world around by its own example. Tata, Infosys, IBM, Wipro, are some leading examples.
- Updated and reachable Management Information System and decision support system are the key to professionalism. Employees can work efficiently when they have information and technology within reach. Else they are bound to be frustrated, lazy and unanswerable.
- Expectation Management is comparatively a new management issue in India. Workshops on an understanding of expectations, its types and handling issues can be held for the managers and supervisors.

## 5. CONCLUSIONS

No matter what the geography, demographics, and technology and environment is, today organizations are a challenging and demanding work area. As excess salt is dangerous to health but an optimal quantity is crucial for survival. Similarly completely stress eliminated life has no purpose. Leading organizations are not only those who earn a large profit but a group of people who are stable, in the long run to sustain and grow the organization, in spite of the autumns seen by them. No doubt they have the power to handle the stress factor with a proactive approach. The inside world of atoms in the body and the outside world of atoms in the environment or system are inter related and inter-dependent on each other. This understanding can help in sustaining the resource pool and lead to gradual evolution, and further development of any organization. After all Rome was not built in a day.

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